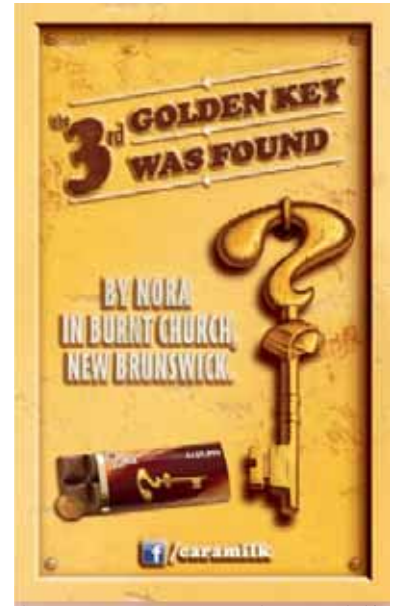




LUNCH RUSH
SHORT RIBS DELIVER
FOODGASM AT CACTUS
CLUB CAFÉ {page 13}

AFTER THE WIRE IDRIS ELBA RUNNING WITH MARVEL CREW NOW {page 9}



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EDMONTON

metro

Tuesday, July 26, 2011
www.metronews.ca



News worth
sharing.

Police probe city's 30th homicide

- Man, 26, found suffering from gunshot wound in north-end residential area
- Neighbours saw him enter street, fall down near alley
- Victim later died in hospital

Police are investigating Edmonton's 30th homicide of 2011, and the scene is something John Heykants said will be etched in his mind forever.

The retiree had made his way to his garage Sunday night at about 10:20 p.m. when he saw a man suffering from a gunshot wound on the street in front of his house, at 157 Avenue and 45 Street.

"He got up and tried to make his way to the alley," said Heykants. "Then he promptly went limp and fell right on his face."

Heykants, who tried to help the man while his wife called 911, didn't recognize him from six years of living in the neighbourhood.

The victim, identified as 26-year-old Michael Wayne Tunncliffe, later died in hospital.

"I was shocked," said Heykants. "He got right up after they

inspected him. He walked into the ambulance.

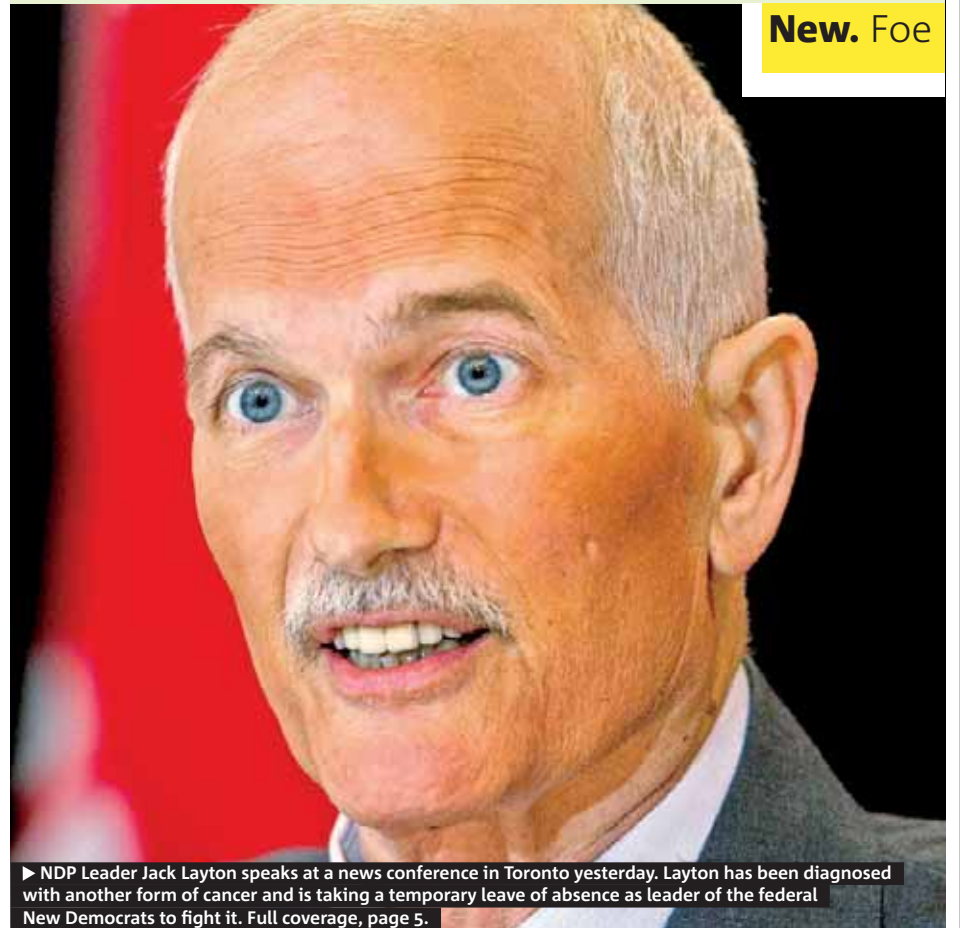
"I thought he would be OK." Neighbour Leroy Alder said he heard a noise that sounded like a gunshot before noticing the man on the street outside.

Anyone who heard or saw anything is asked to call police at 780-423-4567 or Crime Stoppers at 1-800-222-TIPS. ● HEATHER MCINTYRE

On the scene

► Heykants said a neighbour had seen Tunncliffe scaling the fence in his backyard, while residents in a nearby condo complex saw him making his way onto the street.

► Heykants said the man smelled of alcohol and wore a red T-shirt and grey sweatpants with no shoes.



New. Foe

► NDP Leader Jack Layton speaks at a news conference in Toronto yesterday. Layton has been diagnosed with another form of cancer and is taking a temporary leave of absence as leader of the federal New Democrats to fight it. Full coverage, page 5.

NATHAN DENETTE/THE CANADIAN PRESS

Jack to square off with new cancer

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Man in bus beating declared 'dangerous offender'

A man who brutally beat and stomped on a transit bus driver, blinding him in one eye, will be jailed indefinitely. Provincial court Judge Harry Bridges has declared Gary Mattson a dangerous offender for the "brutal, senseless" attack on an Edmonton city bus in December 2009.

The designation means Mattson will remain behind bars until experts determine he is no longer a risk. Mattson was drunk when he boarded the bus and argued with Tom Bregg over the \$2.50 bus fare.

THE CANADIAN PRESS

Edmonton the pest-ival city?

The city is hoping that, with mosquitos, the fourth round's the charm.

Mounting numbers have made a fourth spraying necessary, with three chopers now biting back.

From July 12-18, light traps caught double the skeets of the week before, at 1,124. Last year was a first for attacking Gallagher Park's adult mosquito population before the Edmonton Folk Music Festival, said Mike Jenkins of the city's pest management branch. He said it's likely to also happen for the upcoming Aug. 4-7 fest.

● METRO



► Tony De La Torre with the lock he had been using to keep his bike secure on his Pan American Highway journey. Inset, the stolen bike.

HEATHER MCINTYRE/METRO

Bike stolen one month into cross-continent trip

- Bike stolen last week on stop in Edmonton along Pan American Highway
- Local retailer has offered new wheels for man from Phoenix, Ariz.



HEATHER MCINTYRE
@METRONEWS.CA

One man's dream of cycling the Americas was stolen last week, but is back on track thanks to a local business.

Tony De La Torre of Phoenix, Ariz., arrived in Edmonton last Thursday after biking nearly 3,000 kilometres from Alaska.

His bike was locked up outside the apartment where he's "couch surfing"

on 80 Avenue and 106 Street, but the 28-year-old woke up Friday morning to find only his lock remaining on the bike rack, with the wire severed.

With the racks, lights and other additions, the black Long Haul Trucker touring bike manufactured by Surly cost nearly \$2,000.

"I bought it probably a month before I started," said De La Torre. "I needed it for this trip, so I sold my truck just to buy the bike."

After hearing the story, a

Wheel tough deal

- Edmonton police have flagged the stolen bike should it show up at any pawn shops.
- Tony De La Torre thinks the trip, which began in Fairbanks, Alaska, and will

Norco CCX2 bike was offered for free yesterday from United Cycle.

Kent Fredborg, floor manager, said the bike retails at just over \$1,000.

take him south through North America, Mexico and South America to Buenos Aires, Argentina, will take 18 months in total.

- His adventure can be followed along via his Facebook page, The Panamerican Guy.

De La Torre's plan is to cycle the Pan American Highway, raising money for the Red Cross along the way through anyone interested in sponsoring his journey.

1

news


AP's Seoul bureau chief provides a rare glimpse at daily life in North Korea. Scan code for story.

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Norway hearing closed to public

► Suspect threatens more violence ► Judge orders him held in isolation ► Thousands lay flowers in Oslo

The self-described perpetrator of Norway's deadly bombing and shooting rampage was ordered held in isolation at a hearing yesterday after calmly telling the court that two other groups of allies stand ready to join his murderous campaign.

Anders Behring Breivik has admitted bombing Norway's capital and opening fire on a political youth group retreat on an island near the capital. He told authorities he expects to spend the rest of his life in prison. Saying he wanted to save Europe from Muslim immigration, he entered a plea of not guilty that will guarantee



► Anders Behring Breivik

him future court hearings and opportunities to address the public, even indirectly.

Police believe Breivik acted alone, despite his grand claims in a 1,500-

page manifesto that he belonged to a modern group of crusaders. But they have not completely ruled out that he had accomplices.

Judge Kim Heger ordered Breivik held for eight weeks, including four in isolation.

Norway has been stunned by the attacks and riveted by Breivik's strange writings. Hundreds of reporters and locals thronged the courthouse ahead of his first court appearance yesterday, hoping to get their first glimpse of the man blamed for the deaths of 76 people — lowered yesterday from 93.

THE ASSOCIATED PRESS



► A woman mourns as an estimated 100,000 people gather in Oslo town centre yesterday for a vigil following Friday's twin extremist attacks. Mourners laid thousands of flowers around the city.

Attacks a concern for London 2012 Olympics

IOC president Jacques Rogge is confident police intelligence work will help avert any attack on the London Olympics similar to the bombing and shooting massacre in Norway.

Rogge said British security officials will have taken into account the type of attacks that shook Norway on Friday.

British Olympics Minister Hugh Robertson said the U.K. had already prepared for attacks by "lone wolves" but would re-examine its security plans in the wake of the twin attacks.

"Clearly, where there are lessons to be learned from Norway (and) we will learn them," he said.

THE ASSOCIATED PRESS

URGENT: Famine in Africa

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The Canadian government will make an equivalent contribution from its East Africa Drought Fund. Your gift of \$50 will provide \$100 of life-saving food for desperate children and families. \$100 provides \$200 of food. Please respond now.

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► NDP Leader Jack Layton and his wife, MP Olivia Chow, at a news conference in Toronto yesterday.

Canadians rally around Layton

► Politics forgotten as NDP leader's announcement brings support from colleagues of all parties

Canadians set aside politics yesterday and stood in solidarity with NDP Leader Jack Layton, who announced he's leaving the job temporarily to fight an unexpected new cancer.

Layton had previously gone public with his struggle against prostate cancer, but his wan face, thin body and raspy voice at a Toronto news conference announcing his latest diagnosis triggered an emotional torrent of support as the depth of this illness became obvious to all.

"My heart breaks for Jack Layton and his family today. Bless his heart for maintaining such high

Tweets

► @pmharper I salute the courage @jacklayton continues to show in his fight against cancer. I wish Jack a successful recovery. #getwelljack

► @elizabethmay Temporary leave of absence for Jack Layton to get well. Praying for his full recovery. As are all Canadians.

► @glen4tc (Glen Murray, Ontario MPP Toronto Centre, former Winnipeg mayor) I lost my father before his time to prostate cancer & my mom has twice beaten back cancer. Jack #Layton we r w/u heart & soul.

spirits in the face of this terrible illness," said a tweet from a woman identifying herself as Lauren Gilhooly.

Her comment, one of thousands on Twitter, was matched on Layton's Facebook page, where hundreds of Canadians rushed to offer comforting words.

Prime Minister Stephen Harper, who sparred tartly with Layton in the recent election campaign, said he was "deeply saddened today to hear that Jack Layton is temporarily leaving his post as leader of Her Majesty's Official Opposition and leader of the New Democratic Party." **THE CANADIAN PRESS**

Layton recommends leader

Jack Layton has endorsed an interim leadership replacement because she's experienced, bilingual and, most importantly, she will not rock the boat.

The New Democrat leader recommended rookie Quebec MP Nycole Turmel as the temporary party leader while he un-

dergoes cancer treatment.

The former leader of the Public Service Alliance of Canada has only sat in Parliament for less than three months; but she does have years of experience working with the federal government.

Layton says Turmel is an experienced national

leader who has already earned the unanimous support of her colleagues in becoming the party's national caucus chair.

NDP president Brian Topp says the party expects to appoint an interim leader by Thursday afternoon.

THE CANADIAN PRESS

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ROTTEN APPLES

Fake Apple shops busted in China

Chinese officials found five fake Apple stores and ordered two of them to suspend business while they're investigated, a local government website said yesterday.

Officials couldn't do anything about the other three stores — which displayed Apple signs and logos — because they did not find any fake Apple products for sale, a local

newspaper reported

The investigation follows a blog post last week by an American woman who lives in Kunming in Yunnan province, who stumbled across three shops masquerading as Apple stores in the city. She took photos and posted them on her BirdAbroad blog.

She said they were modelled on the company's iconic stores right down to the winding staircase and the staff uniform of blue T-shirts.

After the blog appeared, the Kunming Trade and Industry Bureau inspected more than 300 electronics stores. **THE ASSOCIATED PRESS**

RIM to downsize workforce

DAVE CHIDLEY/THE CANADIAN PRESS

Canadian tech firm to release new generation of BlackBerrys in '12

Research In Motion will cut 2,000 jobs, or about 11 per cent of its global workforce, this year to reduce costs in the competitive smartphone and tablet markets, in which consumers are increasingly turning to Apple and Android products.

The BlackBerry maker provided the details yesterday, about a month after announcing it would reduce its workforce after it had lower BlackBerry smartphone sales in the recent financial quarter.

The cuts are the largest in the Canadian technology icon's history.

"The workforce reduction is believed to be a prudent and necessary step for the long-term success of the company," RIM said in a statement.

"It follows an extended period of rapid growth within the company where-

by the workforce had nearly quadrupled in the last five years alone."

In afternoon trading on the Toronto Stock Exchange, RIM's shares were down \$1.28, or 4.8 per cent, at \$25.19.

RIM, based in Waterloo, Ont., has about 19,000 employees. Those in North America will begin to receive notices this week. Workers in other countries will be told at a later date.

RIM is facing a host of competition in the smartphone market from Apple's iPhone and smartphones using Google's Android operating system.

Its PlayBook tablet, which met expectations of selling 500,000 in the recent quarter, has received lukewarm reviews compared with Apple's iPad.

"If they want to be a top-three or top-five smart-



► An employee holds a BlackBerry Playbook tablet at the Research In Motion annual meeting.

phone player, then they have to much more aggressively spend money in the consumer market," said analyst Alkesh Shah of Evercore Partners.

"They have to create a differentiated consumer message," Shah said from New York.

There aren't enough reasons for consumers to buy a BlackBerry smartphone or tablet over Apple or Android products, he said, suggesting RIM could promote its security feature, valued by business users, to a consumer audience.

THE CANADIAN PRESS

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Loonie up after U.S. debt talks collapse

The Canadian dollar closed higher against the U.S. currency yesterday as markets looked for a resolution to the debt impasse in the United States.

The loonie was up 0.37 to 105.73 cents US after talks between U.S. President Barack Obama and House Speaker John Boehner broke down on Friday. No progress has been made since.

The U.S. government's borrowing authority lapses on Aug. 2. The Obama administration says that scenario would risk a first-ever federal default, with higher interest rates and other devastating effects impacting the economy.

Commodity prices were mixed with oil prices falling amid investor concern that the lack of an agreement among U.S. lawmakers to raise the country's debt limit could also damage the global economy.

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TABLE FOR TWO, PLEASE ... NON-CHILDREN

SHE SAYS ...

JESSICA NAPIER
METRO



Earlier this month, I read a news story about a Pennsylvania restaurant owner who has decided to ban children under the age of six at his establishment. While outraged parents condemned the restaurant for discriminating against their brood, some clientele welcomed the new policy, breathing a heavy sigh of relief knowing that their next \$30 entrée wouldn't be served up with a side of screaming toddler.

Misbehaved children, and their seemingly oblivious guardians, can reduce a pleasant dining experience to an evening of exasperated eye-rolling. There have been plenty of times that I've given up on dessert or another glass of wine in order to get away from the piercing sound of a four-year-old in the middle of a temper tantrum.

So should the parents of these bratty customers be more considerate of their fellow patrons and leave the kids at home when dining out?

Some would argue that parents should be entitled to enjoy a meal with their offspring without being subjected to dirty looks from the next table. However, in my opinion, letting your precious angels run laps around the dining room or shriek hysterically while being force-fed broccoli is inexcusable. If you are unwilling or unable to control your children, you might want to skip the high-end restaurants and opt for a Happy Meal instead.

Irresponsible parents and their squealing spawn should be banished to family-friendly restaurants that provide crayons with their

kids' menu. Sure, the food at these playground snack bars isn't exactly top-notch, but you have to sacrifice a little if you want arcade games as an appetizer.

But while misbehaved tots can be a serious annoyance, I've seen plenty of adults over the years who are just as bad, if not worse, when it comes to mealtime manners.

Grown-ups should know better but often they don't. They snap their fingers at the serving staff, request so many modifications they might as well eat at home and linger at the table while a lineup stretches out the door. Of course, the worst restaurant-goers are those who insist on conducting obnoxious cellphone conversations mid-meal with no regard for their dinner date or the increasingly annoyed patrons around them. The loudmouth suit screaming into his BlackBerry is just as disruptive as the little ones shrieking over their vegetables. Small children may not be ideal dinner companions, but there are also plenty of adults out there who could use a crash course in dining etiquette.

Read more of Jessica Napier's columns at metronews.ca/shesays



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After the phone-hacking scandal, is Rupert Murdoch's era of influence over?

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NO. HE'S STILL BEAMED INTO THE MINDS OF MILLIONS



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YES. HIS FATE WAS SEALED WITH A PIE ATTACK

Worth Mentioning

HAPPY MEALS. Emotions can be modified by the intake of food even when people don't taste the food or realize they are receiving nutrients, new research indicates. Participants in a study were blinded as to the nature of an intragastric infusion, and had 40-minute fMRI neurologic scans as they provided responses about their mood, fullness, hunger or nausea.

Sad or neutral emotions were induced with music played through headphones and with images of facial expressions depicting either sad or neutral emotions back-projected onto a screen.

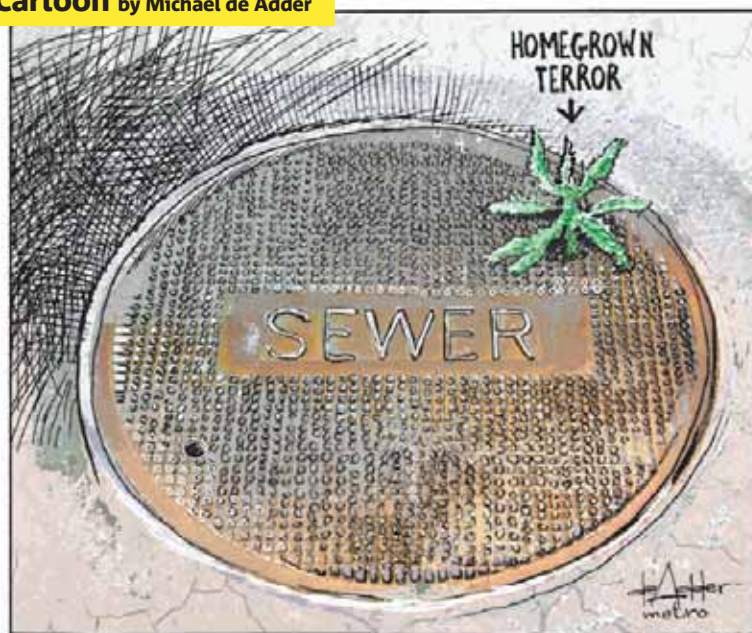
Hunger scores rose during sad emotion and decreased during neutral emotion conditions. The effect of a sad mood was weakened by fatty acid.

"The novelty lies in the fact that it's purely subliminal or what we call unconscious brain signalling happening here," said lead author Dr. Lukas Van Oudenhove.

"Something I like about this study is that it starts from the body, from the stomach, and it goes to the brain," said Dr. Giovanni Cizza.

THE CANADIAN PRESS

Cartoon by Michael de Adder



WEIRD NEWS

This is how you end up waking up in Vegas

One day in the spring of 1979, Arthur Gerald Jones, a well-connected Chicago financier and father of three, left his posh home to run an errand and vanished, never to return.

Despite the FBI's best efforts to figure out what happened to the powerful commodity trader, no trace was ever found of Jones. In 1986, an Illinois court declared him dead, and social security paid \$47,000 in survivor

benefits to his wife and children.

But late last week, the shroud of mystery enveloping the 32-year-old case was suddenly pulled back when Jones, now 72, was discovered living in Las Vegas, where he has been working as a bookie at a casino.

According to a court affidavit, Jones told a special investigator with the Social Security Administration that he had a seat on the Chicago Board of Trade as a commodities trader, but was forced to sell his seat to pay off a debt incurred when he made a trading error. He lost his job in the process and, fearing what investigators have speculated may have been relations with the Chicago mafia, Jones decided to leave his wife of 17 years and family.

TORSTAR NEWS SERVICE

A career in high gear

► After finding success on TV's *The Wire*, Idris Elba launches his career with a slew of new movies that have a comic book theme ► Metro caught up with the rising star at Comic-Con

NED EHRBAR
MWN IN HOLLYWOOD

Between last year's the *Losers*, this year's *Thor* and next year's *Ghost Rider: Spirit of Vengeance*, British actor Idris Elba seems to have a thing for comic book adaptations.

But there's still one superhero that's eluded him: *Avengers* member Luke Cage. Not that he's complaining, mind you.

Between two Emmy nominations, Ridley Scott's upcoming *Alien* prequel, *Prometheus*, and Guillermo del Toro's *Pacific Rim*, which starts shooting in October, the former *Wire* star has plenty to keep him busy.

Metro caught up with Elba in the middle of the Comic-Con madness for a status update.

What are you most excited to see or do while at Comic-Con?

Dude, I don't get to do anything. I do like seeing the audience react to what we've got to show them for *Ghost Rider*, because I just saw it and it's phenomenal.

You've been doing very well with comic book movies lately.

Well, two films, two characters, really. And the *Losers* as well.

I thought that film was good. It had a lot of opportunity to be better — not better but more well re-



► Actors Idris Elba and Nicolas Cage speak at a *Ghost Rider: Spirit of Vengeance* panel during Comic-Con 2011 in San Diego last week.

ceived. It didn't quite do it, but I liked the film. I thought it was well directed. Sylvain White did that, and he's great.

Speaking of comic book characters, you've mentioned wanting to play Luke Cage in a film.

I'd like having a shot at that. But listen, we need to know there's an appetite for that. I need the audi-

ences that like Luke Cage to come up and say they want to see a Luke Cage film with me in it.

I'm part of the Marvel family, and I think now they might be aware that there's this little appetite to do it, but at the same time, I'm also part of the *Thor* story, so we'll see.

What can you tell us about *Prometheus*?

I have to say, it's an enormous film — enormously rich in its depth, its complexity. The filmmaking is second to none.

It's none other than the great Ridley Scott, and there are some really good actors in it.

I can say this: The wait for Ridley to return to a film like that is definitely going to be rewarded with something exciting

You've had a few roles now for which people recognize you. What comes up most?

The Wire, mainly. It was my first American calling card. But now Luther is starting to, and then *Heimdall* [in *Thor*], believe it or not. A lot of people are actually like that. It's a tiny part in that film — huge film, tiny part, but it definitely has resonated with some people.

2

scene

New album



After more than four years, Leslie Feist is finally ready to release a new album. The eight-time Juno winner has announced that her fourth full-length, *Metals*, will be released on Oct. 4. The 12-song album was recorded with usual collaborators Chilly Gonzales and Mocky.

THE CANADIAN PRESS



Now out of *The Office*, Steve Carell cranks up movie career with type of film he loves.

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Cause of death unknown after Winehouse autopsy

► Family visits memorial outside home ► Spokesperson says funeral will be held today

An autopsy on singer Amy Winehouse Monday failed to determine what killed the 27-year-old star, leaving fans and family with a weeks-long wait for the results of toxicology tests.

Winehouse's devastated parents visited mourners outside her north London home to thank them for their support.

The singer, who had struggled with drug and alcohol abuse for years, was found dead Saturday at home by a member of her security team, who called an ambulance. It arrived too late to save her.

The Metropolitan Police said Monday that a foren-



► Janis, the mother of Amy Winehouse, is comforted as she weeps while looking at flowers left by mourners outside Winehouse's home in Camden Square in London yesterday.

sic post mortem "did not establish a formal cause of death and we await the results of further toxicology tests." Those are expected

to take two to four weeks. An inquest into the singer's death was opened and adjourned at London's St. Pancras Coroner's

Court. During the two-minute hearing, an official read out the name, birth date and address of Winehouse, described as "a divorced lady living at Camden Square NW1."

"She was a singer songwriter at the time of her death and was identified by her family here at St. Pancras this morning," said coroner's officer Sharon Duff.

Duff said the scene of Winehouse's death "was investigated by police and determined non-suspicious."

In Britain, inquests are held to establish the facts whenever someone dies vi-

olently or in unexplained circumstances. Assistant Deputy Coroner Suzanne Greenaway said Winehouse's inquest would resume on Oct. 26.

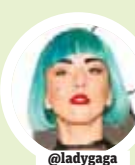
The singer's father, mother and brother visited her home yesterday, stopping to inspect the mounds of bouquets, candles and handwritten notes across the road from the Victorian house.

Her father, Mitch Winehouse, thanked mourners for their tributes.

"I can't tell you what this means to us — it really is making this a lot easier for us," he said.

THE ASSOCIATED PRESS

Celebrity Tweets



"You know you're dedicated to hooker-pop when your bruises and cuts are shaped like fishnets"

@ladygaga



@billmaher

"Hey rest of the United States, gay marriage is eventually everybody was gonna get it"



"If Voldemort is such a powerful wizard, why can't he conjure up a new nose?"

@ConanOBrien

Will the show go on for Glee leads?

While Glee boss Ryan Murphy recently said stars Lea Michele, Cory Montheith and Emmy nominee Chris Colfer would be leaving the show after next season, that may not actually be the case. "Here's the exact thing: [The characters] are seniors, so they're graduating," executive

producer Brad Falchuk told the audience at the show's Comic-Con panel, according to TV Line. "But because they're graduating doesn't mean they're leaving the show. If you have Lea Michele under contract, you don't say, 'We're gonna let you go.'"

● METRO



► Cory Montheith and Lea Michele

A rowdy night out for Lindsay

Lindsay Lohan seems to be slipping back into bad habits, if a night out in Hollywood is any indication. The troubled starlet hit up a friend's birthday, showing up sober and only ordering juice



► Lindsay Lohan

from the waitstaff, but by the end of the night "she could barely stand," an eyewitness tells Radar Online. The source says Lohan was sneaking gulps of other people's drinks while passing them on and taking shots of

vodka on the sly. Lohan was later spotted holding onto curtains for support and screaming into her cell phone before she left the club around 2 a.m. "When she got to her Escalade she just collapsed into it," the source says. Lohan, who is still on probation, is legally allowed to drink.

● METRO

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True passion on True Blood

True Blood star Anna Paquin admits being married to co-star Stephen Moyer makes filming intimate scenes easier. "Maybe it should be weird, simulat-

ing sex with your husband in front of people? But it's really not," Paquin tells V Magazine. "When it's a love scene with someone you actually love, there's no

feeling like, 'Can I touch him here? Can I touch him there?' You know what your boundaries are — or what they aren't, I suppose." ● METRO





► Kids who watch too much TV are at increased risk of obesity, hypertension and glucose intolerance.

Turn off and tune in

► Children who take in high amounts of television are at heightened risk of chronic disease

CELIA MILNE
LIFE@METRONEWS.CA

Peel those kids away from the TV this summer.

A study conducted at Queen's University in Kingston, Ont., has found that children and adolescents who watched more than four hours per day of TV were 2.5 times more likely to have heightened risks for chronic disease than those who watched

less than an hour per day.

The study was looking for cardio-metabolic risk factors, which are signals that the body could be heading in the direction of heart disease and type 2 diabetes.

These included obesity, hypertension, fats in the blood and glucose intolerance.

"These risk factors are becoming more prevalent in children and adolescents," says Valerie Carson,

a PhD student in the school of kinesiology and health studies, who was lead author on the paper.

"This particular study found the most significant health risk at greater than four hours per day (of TV). This is concerning because these risk factors can track from childhood to adulthood," she adds.

Carson and her supervisor Ian Janssen, associate professor in the school of kinesiology and health

studies at Queen's, took into account age, gender, ethnicity, socioeconomic status, physical activity levels and diet, and still drew the same conclusion.

"Even if children and adolescents are active, if they engaged in high daily TV use, they may still have cardio-metabolic risk factors," says Carson.

For the study, she and Dr. Janssen studied the habits of 2,527 children and adolescents who were

enrolled in the National Health and Nutrition Examination Surveys (NHANES).

TV is really quite wicked: other studies have found excessive screen time is linked to increased violence, negative self-image, and higher amounts of smoking, drinking and drug use.

Carson's article was published recently in the journal BMC Public Health.

Getting kids active

CELIA MILNE
LIFE@METRONEWS.CA

It's an old refrain of parents: "Turn off the TV and go outside!"

Did you know that kids should be active for at least 60 minutes a day to stay healthy?

That is the guideline issued recently by Partici-

pation and the Canadian Society for Exercise Physiology for children from ages five to 11.

In addition, kids shouldn't stare at a screen for more than two hours per day. This includes TV as well as computers and video games.

Ideally, each week's activities should include a few things.

The first is getting sweaty and out of breath three times a week.

And another is doing activities that strengthen bone and muscles three times. Children don't have to know they are "exercising," just that they are having fun. Try rollerblading, playing tag, running, swimming, biking, or playing at the park.



► Getting kids active is easier than you think.

3

life

Dimple free thighs

Scrub: Lush Buffy body butter

Use this massage bar in the shower to exfoliate the skin and boost circulation. The slight roughness of ground rice, almonds and aduki beans helps remove dead skin cells as the cocoa and shea butter moisturize.



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Earache can be side-effect of summer splash season: preventing swimmer's ear

A total brain, body collapse

► Ed and Deb Shapiro, authors of *Be the Change: How Meditation Can Transform You and the World*, talk to us about signs you're having a nervous breakdown ► The signs of stress can mean something's seriously wrong

The signs

Irrational fear

"Fear, not based on anything sane, is a huge sign. Fear of losing control of the future, the inability to make simple decisions, the loss of self-trust, not feeling comfortable in your own skin, all these things can amount to you eventually losing the plot."

Behavioural shifts

"Acting irritable, irrational and experiencing sudden bursts of anger for no reason, are initial signs something is up, as is lack of confidence, a sense of low self-esteem, self-insecurity and a real shift in appetite, whether its over or under eating."



► He's not meditating, he's losing it.

Losing touch with reality

"A general loss of flow, such as getting in a conversation and not remembering what you

were talking about, can be worrying if consistent. The difference between someone who is on the way to breaking and someone who has already lost it

is awareness. If you have really gone to a dark place, you will have lost that self-awareness. As long as you think, 'I'm going crazy' you are still present. The person that doesn't know is on to the next stage, the actual breakdown."

The solutions

Take yourself for a date

"The mind is a perfect servant, but a terrible master, so don't allow it to take control over you. Challenge yourself with a physical activity you really enjoy to get the mind to do something other than think. Go for swim or a ride on your bike or even

just clean your house and do some gardening, anything that allows you to switch off mentally."

Become a witness to yourself

"Observe what happens to if you were an outsider. If you have a burst of anger, analyze what triggered it and accept the consequences of your actions."

Become your own friend:

"Be good to yourself, as you always have to be with 'you'. Create your own affirmation, a sentence or phrase that has a real meaning for you, such as 'may I be happy, may I be well' and repeat it under your breath when you need a boost."

Be the change

"Create your own mind with its own purpose. Don't get caught up with drama, have a sense of humour and learn to laugh things off. Try and see the bigger picture and don't take yourself too seriously."

Meditate

"The mind is like a drunken monkey that's been bitten by a scorpion, it jumps around and is chaotic. Tame your mind. Meditation helps you control the mind by getting you into your body."

Ask for help:

"...from people you love and who love you, not just a doctor with drugs."

● ROMINA MCGUINNIS



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Seeking the elusive foodgasm

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LUNCH RUSH

CHRISTOPHER THRALL
FOOD@METRONEWS.CA



Now, I'm sure that Iron Chef Rob Feenie is skilled, but I'm not going to go to a restaurant because they hired the guy at head office.

Nonetheless, I had heard enough foodgasms to convince me to try out the Cactus Club Café.

The casually elegant restaurant and rich furnishings immediately impressed me. I was shown to a booth and picked a 9 oz. glass of luscious Catena malbec (\$15) to start.

The menu was inspiring — Feenie's signature dishes looked especially intriguing — but the short ribs (\$24) took my fancy.

The result was a tender mass of braised beef, soy



CHRISTOPHER THRALL

► The short ribs are suffused with the flavours of hoisin and pineapple.

► **Cactus Club Café**
1946 West Edmonton Mall
780-489-1002
cactusclubcafe.com
Category: Date, friends, family or co-workers
Price range: Mid to high
Rating: 5 out of 5

bean and hoisin spiced, sweetened with pineapple and ginger.

Occasionally, I'd crunch a fresh snap pea or sample creamy mashed potatoes.

It was blissful.

The bliss compounded with my apple galette (\$7.75). Tart Granny Smith wedges and warm, crisp puff pastry dripped with

sweet caramel. I was tempted to order two for the road.

The Cactus Club deserves every foodgasm it causes.

Quinoa Thai Tuna

THE CANADIAN PRESS/H/O



Next time you arrive home from work feeling famished, this Thai tuna and quinoa dish can be ready in a snap.

Preparation:

1 Rinse the quinoa very well. In a large saucepan, bring the water to boil then add the quinoa. Reduce the heat on your stove to a simmer and cover the pot with a lid. Cook the quinoa for 2 minutes. Drain it if necessary.

2 In a large sauté pan, heat the tuna. Add the juice of a lime to the quinoa. Then stir in the warm tuna, mango and green onion. Serve the

Ingredients:

- 175 ml (2/3 cup) red quinoa
- 375 ml (1 1/2 cups) water
- 2 cans flaked light tuna (Spicy Thai Chili flavour)
- 1 lime
- 1 sweet mango, ripe, small to medium size, chopped
- 1 green onion, sliced

dish immediately.

THE CANADIAN PRESS/
CLOVER LEAF

Tuna Bites: Summer fare

► Looking for a light appetizer or snack before a summertime dinner?

► Using extra creamy blue cheese and tuna steaks offers a great combo



THE CANADIAN PRESS/H/O

► This recipe makes four servings.

These delicious tuna bites made with extra creamy blue cheese would be excellent as an appetizer before a summertime dinner or as a light lunch on the patio.

Preparation:

1 In a bowl, combine the extra creamy blue cheese, ginger, chili and coriander. Press the blue cheese mixture in an even layer on tops of tuna pieces.

2 Dip the tuna into the beaten egg to give it a very light coating, then

toss in the sesame seeds to give as even a coating as possible.

3 In a shallow pan, heat a little bit of oil and cook the tuna pieces for about 6 minutes, turning them over once halfway through the cooking process.

4 Serve the Tuna Bites hot with diced mango and cucumber relish, or other accompaniments of your choice.

THE CANADIAN PRESS/ ROSEN-
BORG CASTELLO EXTRA
CREAMY BLUE CHEESE

Ingredients:

- 1 pkg (125 g) extra creamy blue cheese, crumbled
- 1 piece (2.5 cm/1 inch) fresh ginger, peeled and finely chopped
- 1 small chili, chopped
- Few coriander leaves, finely chopped
- 3 fresh tuna steaks, cut in to rectangles
- 1 egg, beaten
- 75 ml (5 tbsp) sesame seeds
- Olive oil, for sauteing
- 1 mango, diced, for garnish
- Cucumber relish, for garnish

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Date Night, Celebrity Edition

Mandy Moore's
perfect date night

The chanteuse spills on her favourite way to spend a night in with her hubby.

"Just because it's a date, I don't think you have to go all out with something extravagant or expensive.

"I'm actually learning how to cook at the moment. My guy (husband and rocker Ryan Adams) is a much better cook than I am. So it would be fun to learn how to cook one of his favourite dishes and then make it for him.

"You know, this is sounding like a really good idea — I think I might have to do this on the weekend!"



► Mandy Moore



► Tracy Moore

CityLine host Tracy
Moore's fave date
night ideas

"Lio (my husband) and I love to eat, and he's very much a foodie. So our perfect date night out would be going to a really great restaurant to spend several hours pouring over the appetizers, wine, entrées, dessert, cheese plate —

everything! And there'd be a lot of talking because we're both very big talkers. But another great date is just staying in: putting our son, Sidney, to bed, popping in a movie and eating junk food in front of the TV. Those are both perfect nights in their own way!"

GO TO 2FORCOUPLES.COM FOR MORE DATE NIGHT IDEAS



► Keshia Chanté

Juno Award-winner
Keshia Chanté loves
her a dinner date

"My perfect date would definitely have to be dinner, because I love food, especially pasta. (Laughs).

But it would really be about the conversation — I love to debate! And I love to think about different issues in the world, like politics and stuff like that. So it definitely has to be really great conversation over dinner.

"Or it might be like an art gallery or movie — it's pretty basic, but it really comes down to the person."

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BE A GOOD SPORT AND CONSIDER YOUR FAMILY'S FEELINGS

Hi Charles:
I am planning a summer party and I'm inviting most of my family. One of my cousins, however, is married to a guy I can't stand. If I am hosting and paying for this party, may I invite my cousin and ask her not to bring her husband?
Patsyb

Dear Patsyb:

I fully understand your feelings. We've all been in

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your shoes! I think this is the real problem... if you

don't invite your cousin's husband, you will do more damage and create more of a scene than if you do invite him.

You risk really offending your cousin and you will put her in a very awkward position. Ask yourself: what is she supposed to tell her husband about why he can't come to your party?

It's not fair that your cousin be placed in that po-

sition. You have two choices: invite the cousin with her husband or don't invite either of them. If you're a good sport, you will invite them both and find someone you can invite to keep the pesky husband occupied in conversation so he leaves you all alone!

CHARLES WOULD LOVE TO HEAR YOUR QUESTIONS. EMAIL HIM AT ASKCHARLESTHEBUTLER@METRONEWS.CA.



► Don't like somebody, but have to invite them anyways? Just invite a second person who you know will tie them up in conversation. Problem solved!

BE A FAST FOLLOWER

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA



It's tempting to buy the latest gadget the moment it hits the market. But, being an early adopter is expensive. I recommend taking the "fast follower" approach, which means waiting to buy until after the initial product hype clears, prices decrease, and the next generation of technology offers greater value for the same price.

There are three products to avoid buying brand new or upon their launch; cars, computers and electronics.

New cars depreciate between 15 and 20 per cent in the first year of ownership. So, forget buying new and save thousands by picking up a one- or two-year-old car with low mileage at a lower

price. For an even deeper discount, buy a three or four year lease return. These have to pass high inspection standards when they're returned and they can often be purchased for less than 50 per cent of the original purchase price.

These days computers aren't optional. But unless you require video stream or high-end design functionality, you can get by with a machine that is a couple of years old. Consider a scaled down version or buying when there are sales.

First generation tablets and phones are expensive when launched. Shortly after their release, prices drop and much better second generation versions appear.

Video games, consoles, televisions, cameras and other electronics are priced at a premium. Wait to buy or scope out an online deal.

Being a fast follower saves you big bucks. Plus, you'll still get great products!

Help your kids avoid debt

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA



For new parents, here's the bottom line. If you don't get serious about saving for post-secondary studies, that cooing little bundle is almost certainly going to be severely burdened by student debt.

If current trends continue, a four-year degree is likely to cost \$80,000 for live-at-home students by 2025 and \$125,000 for those away from home.

The good news is that new parents are putting aside those education pennies. Across Canada, nearly 90 per cent of those with young children have started saving, according to the TD Canada Trust 2011 Education and Finances Survey.

Thinking ahead

Do you have an RESP for your child?

- ▶ 89% of parents under 35
- ▶ 60% of parents age 45-54

The goal for those with younger children should be to get the maximum Canada Education Savings Grant of 20 per cent on the first \$2,500 annually per child contributed to an RESP (Registered Education Savings Plan). That's a little over \$200 monthly. Even if you just invest the money in GICs and bonds you'll have about \$40,000 after 10 years and nearly \$90,000 after 18.

For parents of teens, education financing is a big stress point. TD's survey discovered that more than 85 per cent of parents (at least in Ontario) with kids under 18 don't expect to be able to pay the shot for



▶ Alison's money rule: Whether you have a baby or a teen, it's never too early or late to start saving for education.

their children's education.

Interestingly, fewer of those parents expect their children to help pay for their own education, 31 per cent down from 39 per cent last year. The decline may have to do with the difficulty in finding summer jobs.

My daughter, a student chef, has only managed irregular shifts so far this summer at two different restaurants.

Parents with teens, and little in the way of savings, might consider postponing

education. A couple of years of living at home and working, even at a minimum wage job, could easily mean the difference between a decade of debt and a nearly debt-free degree.

Working roughly 35 hours a week at minimum wage will bring in about \$20,000 annually. Saving 75 per cent of that over two years is \$30,000. For a live-at-home student-to-be, that money, along with RESP savings, will go a long way to reducing student debt.

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Individuals interested and having the skills described are requested to submit their resume and cover letter via email to hr@metronews.ca no later than July 29, 2011. PLEASE QUOTE: "SALES REPRESENTATIVE - EDMONTON" in the subject line. All submissions will be treated as confidential.

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POPQUIZ

I keep reading news about a slowdown in the US economy – should I sell my investments?

A: Money in America? Is that an oxymoron?

B: You should invest! You can't get the ups without going through the downs.



FIND TIPS & TRICKS

in Allan Small's Investment Perspectives Column: *Negative news provides a drag on the market.*

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4
sports

Quoted



"I think we did a great job of protecting the players that are currently playing and to preserve the game for the players to come and to protect the work that had been done by those who came before us."

BUFFALO BILLS SAFETY GEORGE WILSON AFTER YESTERDAY'S ANNOUNCEMENT THAT THE NFL AND ITS PLAYERS HAD COME TO AN AGREEMENT TO END THE LOCKOUT.



Scan code for more sports news.

Gridiron reconciliation

► NFLPA's team reps unanimously vote to accept deal ► Puts longest work stoppage in NFL history to rest

Now it can be said with certainty: Get ready for some football!

NFL players voted to OK a final deal yesterday, days after the owners approved a tentative agreement, and the sides finally managed to put an end to the four-and-a-half-month lockout.

"This is a long time coming, and football's back," NFL commissioner Roger Goodell said, "and that's the great news for everybody."

At a joint appearance outside NFL Players Association headquarters in Washington, Goodell and NFLPA head DeMaurice Smith were flanked by some of the owners and players who were involved in the talks. They spoke shortly after the NFLPA executive board and 32 team reps voted unanimously to approve the terms of a deal.

"We didn't get everything that either side wanted ... but we did arrive at a deal that we think is fair and balanced," Smith said.

Owners overwhelmingly approved a proposal Thursday, but some unresolved issues still needed to be reviewed to satisfy players.

The sides worked through the weekend and wrapped up the details yesterday morning on a final pact that runs for 10 years, without an opt-out clause, a person familiar with the deal told the AP on condition of anonymity.

Owners decided in 2008 to opt out of the league's old labour contract, which expired March 11 and led to the lockout.

Back in business

A tentative timeline allows NFL clubs to start signing 2011 draft picks and rookie free agents today.

► Conversations with veteran free agents could also start today with signings possibly beginning Friday.

► Under the proposed schedule, training camps open for 10 of 32 teams tomorrow, 10 more on Thursday, another 10 on Friday and the last two teams on Sunday.

"I know it has been a very long process since the day we stood here that night in March," Smith said. "But our guys stood together when nobody thought we would. And football is back because of it."

Owners can point to victories, such as gaining a higher percentage of all revenue, one of the central issues — they get 53 per cent, the players get 47 per cent. The old deal was closer to 50-50. There's also a system that will rein in spending on first-round draft picks.

Players, meanwhile, persuaded teams to commit to spending nearly all of their salary cap space in cash and won changes to practice rules that should make the game safer.

The owners also didn't get their wish of expanding the regular season from 16 to 18 games. That can be revisited for the 2013 season, but players must approve any changes.

THE ASSOCIATED PRESS



► New England Patriots owner Robert Kraft, left, and Indianapolis Colts centre Jeff Saturday share an embrace in Washington yesterday.

Ames trails Vegas after first day of skins action

Venezuelan golfer Jhonattan (Johnathan) Vegas was the top money earner on the first day of the Telus Skins Game in Banff yesterday while Canadian Stephen Ames was a close runner-up.

Vegas, the first Venezue-

lan to win a PGA event, is making his first appearance at a skins game.

He won two skins on the 6th and 8th holes for a total of \$55,000. Ames had a good start, winning the first three skins for \$45,000.

THE CANADIAN PRESS



► Jhonattan Vegas

RED WINGS

Draper set to retire today?

The Detroit Red Wings have called a news conference with Kris Draper amid reports that the veteran forward will retire.

The 40-year-old

helped the Red Wings win four Stanley Cups and was named the NHL's best defensive forward in 2004. But injuries limited him to 47 games and 11 points last season.

Detroit may have run out of room at forward. Patrick Eaves and Drew Miller were re-signed and prospects are expected to also get a chance to play next season. THE ASSOCIATED PRESS

MAJOR LEAGUE BASEBALL

AMERICAN LEAGUE

EAST DIVISION									
	W	L	Pct	GB					
Boston	62	37	.626	—					
New York	60	40	.600	2½					
Tampa Bay	53	47	.530	9½					
Toronto	51	51	.500	12½					
Baltimore	40	58	.408	21½					
CENTRAL DIVISION									
	W	L	Pct	GB					
Detroit	54	48	.529	—					
Cleveland	52	48	.520	1					
Chicago	50	51	.495	3½					
Minnesota	47	55	.461	7					
Kansas City	42	59	.416	11½					
WEST DIVISION									
	W	L	Pct	GB					
Texas	59	44	.573	—					
Los Angeles	55	48	.534	4					
Oakland	44	57	.436	14					
Seattle	43	59	.422	15½					

Last night's results
Chicago White Sox 6 Detroit 3
Texas 20 Minnesota 6
Cleveland 3 L.A. Angels 2
N.Y. Yankees 10 Seattle 3
Kansas City at Boston
Tampa Bay at Oakland
Sunday's results
Toronto 3 Texas 0
Chicago White Sox 4 Cleveland 2
Tampa Bay 5 Kansas City 0
L.A. Angels 9 Baltimore 3
N.Y. Yankees 7 Oakland 5
Boston 12 Seattle 8
Detroit 5 Minnesota 2
Tonight's games
All times Eastern
L.A. Angels (Weaver 13-4) at Cleveland (Tomlin 11-4), 7:05 p.m.
Seattle (Fister 3-11) at N.Y. Yankees (Sabathia 14-5), 7:05 p.m.
Baltimore (Arrieta 9-7) at **Toronto (Morrow 7-4)**, 7:07 p.m.
Minnesota (Duffy 2-4) at Boston (A.Miller 4-1), 7:10 p.m.
Milwaukee (Pavano 6-7) at Texas (C.Wilson 10-4), 8:05 p.m.
Detroit (Verlander 13-5) at Chicago White Sox (Peavy 4-4), 8:10 p.m.
Tampa Bay (Price 9-8) at Oakland (McCarthy 2-5), 10:05 p.m.

BLUE JAYS STATISTICS

BATTERS	AB	R	H	HR	RBI	AVG
Bautista	321	76	106	31	70	.330
Molina	108	14	34	2	9	.315
Thames	143	26	44	4	19	.308
Escobar	357	55	109	9	38	.305
Lind	303	42	88	18	56	.290
Encarnacion	284	38	74	7	25	.261
Patterson	313	44	79	6	33	.252
Davis	294	40	71	1	27	.238
McCoy	77	11	18	1	5	.234
Snider	159	18	37	3	30	.223
Hill	323	31	73	4	37	.226
McDonald	139	16	31	2	16	.223
Arrencia	277	32	59	15	42	.213
PITCHERS	W	L	SV	IP	SO	ERA
McCoy	0	0	0	1.0	0	0.00
Rzepczynski	2	3	0	39.1	33	2.97
Fraser	2	1	0	42.1	37	2.98
Janssen	3	0	1	28.2	27	3.14
Romero	7	9	0	134.2	117	3.27
Villanueva	5	2	0	90.0	61	3.40
Dotel	2	1	2	29.1	30	3.68
Rauch	4	3	7	41.2	29	3.89
Morrow	7	4	0	101.2	117	3.44
Cecil	3	4	0	57.1	42	4.71
Camp	1	1	1	43.1	19	4.78
Francisco	1	4	10	28.2	35	5.34

NATIONAL LEAGUE

EAST DIVISION									
	W	L	Pct	GB					
Philadelphia	64	37	.634	—					
Atlanta	59	48	.573	6					
New York	51	51	.500	13½					
Washington	49	52	.485	15					
Florida	49	53	.480	15½					
CENTRAL DIVISION									
	W	L	Pct	GB					
Pittsburgh	53	47	.530	—					
St. Louis	54	48	.529	—					
Milwaukee	54	49	.524	½					
Cincinnati	50	52	.490	4					
Chicago	42	60	.412	12					
Houston	33	69	.324	21					
WEST DIVISION									
	W	L	Pct	GB					
San Francisco	59	43	.578	—					
Arizona	55	47	.539	4					
Colorado	48	54	.471	11					
Los Angeles	45	56	.446	13½					
San Diego	45	58	.437	14½					

Yesterday's results
San Diego 5 Philadelphia 4
N.Y. Mets 4 Cincinnati 2
Pittsburgh 3 Atlanta 1
Houston at St. Louis
Colorado at L.A. Dodgers
Sunday's results
San Francisco 2 Milwaukee 1
Florida 5 N.Y. Mets 4
Cincinnati 4 Atlanta 3
Arizona 7 Colorado 0
Philadelphia 5 San Diego 3
Pittsburgh 4 St. Louis 3 (10 inn.)
Chicago Cubs 5 Houston 4 (10 inn.)
L.A. Dodgers 3 Washington 1
Tonight's games
All times Eastern
Florida (Nolasco 6-7) at Washington (Zimmerman 6-8), 7:05 p.m.
San Francisco (Linceseum 8-8) at Philadelphia (Vorley 6-1), 7:05 p.m.
N.Y. Mets (Niese 9-8) at Cincinnati (Cueto 6-3), 7:10 p.m.
Pittsburgh (Karstens 8-5) at Atlanta (Hansel 11-5), 7:10 p.m.
Chicago Cubs (Dempster 7-7) at Milwaukee (Narveson 6-6), 8:10 p.m.
Houston (Myers 3-10) at St. Louis (Westbrook 8-4), 8:15 p.m.
Arizona (J.Saunders 6-8) at San Diego (Moseley 3-9), 10:05 p.m.
Colorado (Chacin 8-7) at L.A. Dodgers (Kershaw 11-4), 10:10 p.m.

NL LEADERS

	G	AB	R	H	AVG.
JosReyes NYM	86	380	73	134	.353
Braun Mil	92	336	62	108	.321
Hellon Col	90	301	44	96	.319
Votto Cin	100	372	61	117	.315
Morse Wash	90	307	44	96	.313
Kemp LAD	101	364	61	113	.310
Holliday STL	76	271	49	84	.310
Pence Hou	95	386	47	119	.308
DanMurphy NYM	97	346	40	106	.306
McCann Atl	89	327	42	100	.306
Runs — JosReyes, NY, 73; RWWeeks, Mil, 71; Stubbs, Cin, 65; Gonzalez, Col, 63; CYoung, Arz, 63.					
RBI — Howard, Phil, 75; Fielder, Mil, 73; Kemp, LA, 73; Berkman, STL, 69; Braun, Mil, 68.					
Hits — JosReyes, NY, 134; Scastro, Chi, 127; Bourne, Hou, 122; Pence, Hou, 119; Votto, Cin, 117.					
Doubles — Beltran, NY, 30; JUpston, Arz, 28; Callee, Hou, 27; CYoung, Arz, 27.					
Triples — JosReyes, NY, 16; Victorino, Phil, 9; Scastro, Chi, 8; Fowler, Col, 8; Bourne, Hou, 7.					
Yesterday's games not included					

SUNDAY

BLUE JAYS 3, RANGERS 0

	ab	r	h	bi					
Yescor ss	3	1	3	0	Kinsler 2b	4	0	0	0
ETHms rf	4	0	2	0	Andrus ss	3	0	0	0
Bautista 3b	3	1	1	1	JhMtn lf	4	0	0	0
Lind 1b	4	0	0	0	MIYoung 3b	4	0	1	0
Encnc dh	4	1	1	1	N.Cruz rf	4	0	1	0
Snider lf	4	0	1	1	Napoli c	3	0	0	0
A.Hill 2b	4	0	0	0	C.Davis dh	3	0	0	0
RDavis cf	4	0	0	0	Gentry cf	3	0	2	0
Arencil c	4	0	0	0	Morind 1b	3	0	0	0
Totals	34	3	8	3	Totals	31	0	4	0
Toronto	000	003	000	3					
Texas	000	000	000	0					
DP—Texas 1. LOB—Toronto 6, Texas 6. 2B—Bautista (18), Encarnacion (23), Snider (14).									
IP H R ER BB SO									
Toronto									
Cecil W,3-4	9	4	0	0	2	7			
Texas									
Osagudo L,10-4	6	2	3	7	3	2	6		
Tom.Hunter	2	1	3	1	0	0	2		
T—21.8. A—43.117 (49,170) at Arlington, Texas.									

AL LEADERS

	G	AB	R	H	AVG.
AdGonzalez Bos	98	402	70	139	.346
Bautista Tor	91	321	76	106	.330
MIYoung Tex	100	398	48	131	.329
Kotchman TB	85	285	25	93	.326
JhPeralta Det	91	329	45	106	.322
Ellsbury Bos	98	403	74	129	.320
VMartinez Det	86	318	44	101	.318
McCabera Det	101	349	67	109	.312
Konerko ChiW	97	355	45	109	.307
YEscobar Tor	93	357	55	109	.305
Runs — Granderson, New York, 88; Bautista, Toronto, 76; Ellsbury, Boston, 74; AdGonzalez, Boston, 70; Kinsler, Texas, 70; McCabera, Detroit, 67; Pedroia, Boston, 66.					
RBI — AdGonzalez, Boston, 82; Beltre, Texas, 76; Granderson, New York, 74; Teixeira, New York, 72; Youkilis, Boston, 72; Bautista, Toronto, 70; Konerko, Chicago, 70.					
Hits — AdGonzalez, Boston, 139; MIYoung, Texas, 131; Ellsbury, Boston, 129; McCabera, Kansas City, 124; Markakis, Baltimore, 118; Agordon, Kansas City, 117; ACabrera, Cleveland, 115; Pedroia, Boston, 115.					
Doubles — Zobrist, Tampa Bay, 31; AdGonzalez, Boston, 30; MIYoung, Texas, 30; Beltre, Texas, 29; Youkilis, Boston, 28; Ellsbury, Boston, 27; Agordon, Kansas City, 26.					
Triples — Granderson, New York, 8; AJackson, Detroit, 7; RDavis, Toronto, 6; Bourjos, Los Angeles, 6; Aybar, Los Angeles, 5; Cano, New York, 5; Crisp, Oakland, 5; Gardner, New York, 5; Zobrist, Tampa Bay, 5.					
Home Runs — Bautista, Toronto, 31; Granderson, New York, 27; Teixeira, New York, 26; NCruz, Texas, 22; Konerko, Chicago, 22; MarReynolds, Baltimore, 21; Beltre, Texas, 20; McCabera, Detroit, 20; Quentin, Chicago, 20.					
Stolen Bases — Gardner, New York, 31; RDavis, Toronto, 29; Andrus, Texas, 29; Ellsbury, Boston, 28; Crisp, Oakland, 27; ISuzuki, Seattle, 26; BUpton, Tampa Bay, 23.					
Pitching — Sabathia, NY, 14-5; Weaver, Los Angeles, 13-4; Verlander, Detroit, 13-5; Tomlin, Cleveland, 11-4; Scherzer, Detroit, 11-5.					
Strikeouts — Verlander, Det., 162; Shields, Tampa Bay, 151; F Hernandez, Seattle, 148; Sabathia, NY, 142; Price, Tampa Bay, 137; CWilson, Texas, 132; Weaver, LA, 129.					
Saves — Valverde, Det., 26; MaRivera, NY, 25; Papelbon, Boston, 23; Walden, Los Angeles, 23; League, Seattle, 23; Perez, Cleveland, 22; Santos, Chicago, 20; Feliz, Texas, 20.					
Last night's games not included					

CFL

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Montreal	4	3	1	0	133	95	6
Winnipeg	4	3	1	0	99	77	6
Hamilton	4	2	2	0	98	86	4
Toronto	4	1	3	0	80	116	2

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
Edmonton	4	4	0	0	127	74	8
Calgary	4	2	2	0	95	99	4
Saskatchewan	4	1	3	0	83	138	2
B.C.	4	0	4	0	106	136	0

WEEK FOUR

Sunday's result

Saskatchewan 27 Montreal 24

WEEK FIVE

Thursday's game

All times Eastern

B.C. at Winnipeg, 8 p.m.

Friday's games

Montreal at Hamilton, 6:30 p.m.

Toronto at Edmonton, 9:30 p.m.

Saturday's game

Calgary at Saskatchewan, 9:30 p.m.

WEEK SIX

Thursday, Aug. 4

Montreal at Toronto, 7:30 p.m.

Friday, Aug. 5

Edmonton at Winnipeg, 7:30 p.m.

Saskatchewan at B.C., 10:30 p.m.

Saturday, Aug. 6

Hamilton

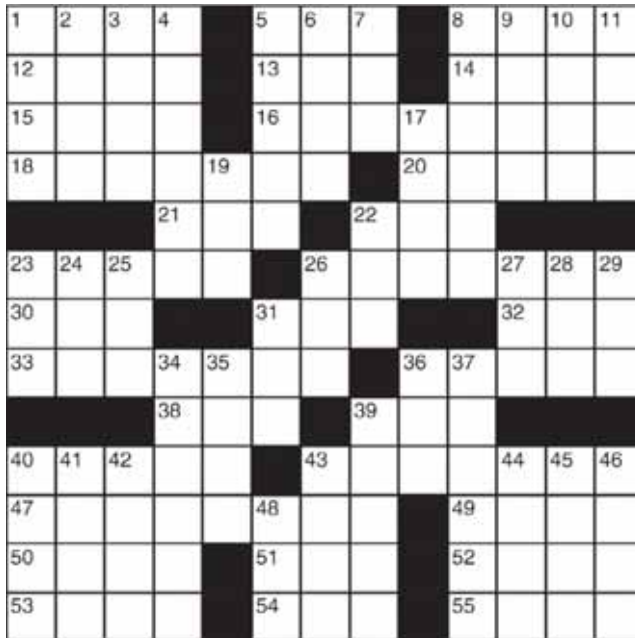
Crossword

Across

- 1 Take to the pool
5 Bookkeeper (Abbr.)
8 Harvest
12 Houston acronym
13 Talk on and on
14 Being (Lat.)
15 Without doing anything
16 Slapstick missile
18 Mouth, slangily
20 Queenly
21 First lady?
22 Overweight
23 Andean pack animal
26 Sink a putt
30 A billion years
31 Peace, to Caesar
32 Lingerie item
33 Where oaters take place
36 Make like Manet
38 Wall climber
39 — Solo
40 Sierra —
43 "The Great Gatsby" locale
47 Chocolate syrup + milk + seltzer
49 Perjurer
50 Strong wind
51 Khan title
52 Therefore
53 Praiseful works
54 Sawbuck
55 Stench

Down

- 1 Quick cut
2 Dry streambed
3 Capri or Wight
4 Needless violence
5 Recurring sequence



- of events
6 Remove rind
7 Gorilla
8 Couch potato's device
9 Catch sight of
10 Largest continent
11 See 6-Down
17 Sea that's really a lake
19 Eggs
22 "The Simpsons" network
23 Zodiac cat
24 Brock of baseball lore

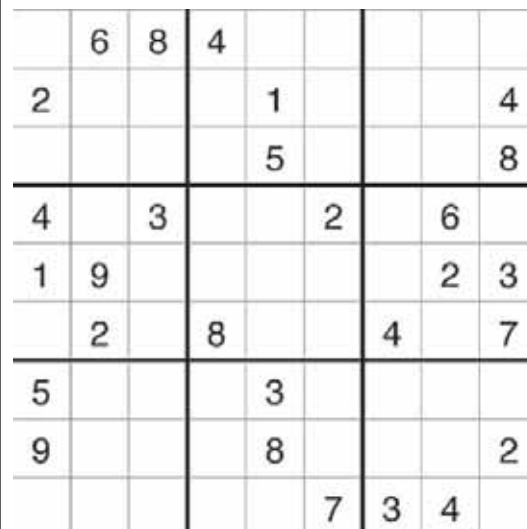
- 25 Pismire
26 Chapeau
27 Sapporo sash
28 Coffee vessel
29 Make lace
31 Freudian subj.
34 Recoils
35 Always
36 — de deux
37 Rack component
39 Macho type
40 Building block name
41 "Zounds!"
42 Look at lustfully
43 Carry on

- 44 Ireland
45 Token of defiance
46 Understand, in sci-fi lingo
48 Dine

Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►



Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

My Genius FEP

Every day is a new day - what color to wear - each 1 has a bit of u - hurt, smile, excitement, some have a shine 2. which jewel to wear - each 1 has a tinkle sound reminds me of u - music - na, hurts my ears, bring a tear down - grocery/roads/my broken shoes (u owe me 3 btw - white, gold, black size 8.5) where shd i run babes? healing ..slowly i am babes i am. i kno i thing - no one would have ever loved u so much as i did, nieth ma nor m. why? Have a good day gorgeous!

FROM PINK PETAL

You have been my best friend

No matter what!!!!!! You taught me how to live...i was simply breathing in a dark hole before u came.

FROM BUNNY

A look at the weather

TODAY	WEDNESDAY	THURSDAY
Min 12° Max 21°	Min 13° Max 20°	Min 12° Max 24°

Michele McDougall
Weather Specialist

"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes." WEEKDAYS 6AM



Today's horoscope

♈ **Aries** March 21-April 20 You have been expecting too much from a relationship. Focus on what you have in common, not on what divides you.

♉ **Taurus** April 21-May 21 Set yourself a reasonable work schedule and make sure you stick to it.

♊ **Gemini** May 22-June 21 There is no need to change your life in any radical way.

♋ **Cancer** June 22-July 22 Never forget that the best way to change the world is to change yourself first.

♌ **Leo** July 23-Aug. 23 Don't worry if you are not in the most-suitable of moods today because you have important things to think about.

♍ **Virgo** Aug. 24-Sept. 22 Look out for your own interests today.

♎ **Libra** Sept. 23-Oct. 23 If there is something you have overlooked, or ignored, you will have to face up to it and deal with it today.

♏ **Scorpio** Oct. 24-Nov. 22 It's time for a reality check.

♐ **Sagittarius** Nov. 23-Dec. 21 Why are you clinging on to some-

For today's crossword answers and for expanded horoscopes, go to metronews.ca

thing that is past its sell by date?
♑ **Capricorn** Dec. 22-Jan. 20 Do everything in your power to make sure that employers and people in positions of authority know who you are and what you can do.

♒ **Aquarius** Jan. 21-Feb. 18 Life will be a breeze today.

♓ **Pisces** Feb. 19-March 20. Generally you steer clear of events over which you have no control, but today you will go out of your way to take risks. Maybe tomorrow you'll regret it but your hunches are often right. ● SALLY BROMPTON

Caption contest



You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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CONSUMERS SHOULD READ THE FOLLOWING: All offers include Delivery & Destination (\$1,495 for Kizashi, \$1,395 for SX4, \$1,595 for Grand Vitara models), \$100 A.C.E. as the Tax (where applicable), \$20 Title Tax, \$399 Dealer administration Fee. Offers exclude PPSA up to \$12 (when financing), applicable taxes, license, registration, insurance and down payment of \$1,395/\$1,300/\$2,200. Vehicles may be sold as shown. These offers are not combinable with any other offers and are subject to change without notice. Dealer may vary by location. See participating dealer for details. * Limited time financing offer available only to A.C. Special for weekly your Purchase Finance offers are available on 2011 Kizashi SX iAWD Model (MSRP \$24,295), 2011 SX4 Hatchback iAWD with manual transmission Model (MSRP \$21,740) and 2011 Grand Vitara JX iAWD automatic transmission Model (MSRP \$27,957) (Selling Price \$27,295) for a 72-month term. Selling prices include On-Road & Destination (\$1,495/\$1,395/\$1,595), \$100 A.C.E. as the Tax (where applicable), \$20 Title Tax and \$399 Dealer Administration Fee and exclude PPSA up to \$12 (when financing). Applicable taxes, license, registration, insurance and down payment of \$2,300/\$1,500/\$2,200. The bi-weekly 72-month payment rates are based on 2011 Kizashi SX iAWD @ 0.9%, 2011 SX4 Hatchback iAWD @ 0% and 2011 Grand Vitara JX iAWD @ 0% purchase financing. Bi-weekly payments are \$194/\$136/\$176 with \$2,300/\$1,500/\$2,200 down payment. Cost of borrowing is \$1,631/\$0/\$0 for a total obligation of \$31,840/\$21,740/\$27,295. Offer valid until June 30, 2011. *When properly equipped.

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